Useful Links

Last updated: November 27, 2020

The well-being of our Insureds is our number one priority. **guard.me International Insurance** will continue to follow this situation and will endeavour to provide timely updates as it evolves.

Here are some useful links:

- World Health Organization: https://www.who.int/emergencies/diseases/novel-coronavirus- 2019
- European Center for Disease and Prevention Control: https://www.ecdc.europa.eu/en/geographical-distribution-2019-ncov-cases

How do I stay healthy?

- Wash hands with soap and water, especially before preparing, handling, serving or eating food.
- If you cannot wash your hands with soap and water, use hand sanitizer.
- Avoid touching your face, mouth, nose and eyes.
- Practice proper cough and sneeze etiquette. Cover your mouth and nose with your elbow.
- Dispose of tissues then wash your hands with soap and water or use hand sanitizer afterwards.

What do I do if I get sick?

- Self-monitor for symptoms. If your symptoms are mild, follow your usual routine for managing a cold or flu:
  - Drink plenty of fluids
  - Rest
  - If needed, take over the counter pain/fever or cold/flu medication
  - Stay home if you are unwell. Avoid contact with others.

How can I avoid getting sick?

COVID-19 is a contagious virus that can be easily transferred from one person to another. You can't always tell when a person is sick, that is why it is important to take precautions and practice social distancing.

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Many restrictions are already in place to slow the spread of the virus. By following the instructions of the health authorities in your area, you can play an important role in reducing the impact of the virus and protecting yourself and vulnerable people

- Always maintain a distance of 2 metres or more between people
- Avoid crowds and avoid activities or modes of transportation that expose you to many people. Stay indoors whenever possible.
- Avoid shaking hands and avoid touching your face, especially your mouth, eyes, and nose.
- Wash your hands at regular intervals using soap and warm water. Wash your hands or use a hand sanitizer immediately after coming into contact with common surfaces such as door handles or stair rails, or before preparing or eating food.
- Practice safe coughing and sneezing etiquette: cough or sneeze into your elbow, or use a Kleenex or tissue, then dispose of it and wash your hands using soap and warm water.

What should I do if I feel sick?

- COVID-19 symptoms are as follows:
    - Fever
    - Cough
    - Difficulty breathing
    - Sore throat
    - Sneezing
- If you have these symptoms and have:
    - Recently been travelling or living abroad
    - If you had direct contact with animals (for example, if you visited a live animal market)
    - If you had close contact with a sick person, especially if they had a fever, cough or difficulty breathing

Follow the advice of your local health authorities. In most jurisdictions, it is important that you do not go to a clinic or Hospital Emergency Room if you have these symptoms. Please check for the correct way to proceed using your local authorities' guidelines for COVID-19

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